

## REFERRAL FORM

# Recommended Fall Prevention Program

### Prevention Program Information

PROGRAM	LOCATION	DAY & TIME	COST

### Notes:

Research shows that to reduce falls, exercises **MUST** focus on improving balance and strength; be progressive (get more challenging over time); and be practiced for at least 50 hours. For example, this means taking a 1-hour class 3 times a week for 4 months, or a 1-hour class 2 times a week for 6 months.

The National Institute on Aging has free exercise and physical activity resources for older adults to use.

Go to: [www.nia.nih.gov/health/publication/exercise-physical-activity/introduction](http://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction)



**Centers for Disease  
Control and Prevention**  
National Center for Injury  
Prevention and Control

2017

**STEADI** Stopping Elderly Accidents,  
Deaths & Injuries